

Amendments to the Specification:

On page 7, please replace the paragraph that starts on line 17 with the word "While" and ends on line 27 with the following amended paragraph:

While the peaks and valleys may be of varying heights and depths, the height of peaks 26, or depth of valleys 28, is generally uniform and ranges from about 0.5 mm to about 5 mm, preferably from about 1.5 mm to about 4 mm. The height of peaks 26 for one particular embodiment is 2.2 mm to 3.5 mm. In another embodiment, the peaks have a height of at least 0.5 mm. For examples where peaks or raised regions 26 are separated by valleys 28 provided in a rectilinear grid, such as the embodiments shown in **FIGS. 2-7**, the surface area of the individual peaks or raised regions ranges from about 9 mm² to about 250 mm². For corrugated samples where peaks or raised regions 26 are provided as generally parallel continuous rows separated by valleys, such as those illustrated in **FIG. 8**, the surface area of peaks or raised regions 26 ranges from about 150 mm² to about 450 mm² (when measured for a section having a surface area of about 650 mm²).